

DIRECT STRATEGIES: SPEAKING

STRATEGY GROUP: Affective

STRATEGY SET: Lowering your anxiety
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STRATEGY: Using laughter

Laughter is the best medicine. The use of laughter is potentially able to cause important biochemical changes to enhance the immune system. Language learners can benefit from laughter's anxiety-reducing powers. Laughter brings pleasure to the classroom. Laughter is not just the result of teacher-centered joke-telling; it can be stimulated by many kinds of the classroom activities, such as role-plays, games, and active exercises in which learner are allowed to play as they learn.